

DEFEAT MONSTER MOUTH!





Defeat Monster Mouth!!

Oh no! The dreaded Monster Mouth - and The Plaqster has it!

Not to worry. Flossy and Buck McGrinn, Den and Gen Smiley, and their trusty pal K-9 are on the job! They know just how to attack Monster Mouth and get The Plaqster's smile back on track.

To fight Monster Mouth and promote good oral health our friends follow this simple rule, "2min2x." That's code for "brush your teeth two minutes, two times a day."

Flossy, Buck, Den, and Gen know the importance of good dental habits to keep their smiles bright. They brush their teeth when they get up in the morning and again before they go to bed at night. They also floss their teeth once each day. Because Den wears braces, he is especially careful about keeping his teeth healthy so he has a bright smile when the braces come off.

Defeating Monster Mouth takes a lot of energy so the McGrinns and Smileys do eat snacks between meals but very few sugary ones. They usually stick to fruit and other healthy foods, and they choose water when they are thirsty instead of soda pop.

You can defeat Monster Mouth, too! Join in the fun by playing the games and doing the activities to learn how to take good care of your teeth.

And remember the code "2min2x"! For a super smile and healthy mouth, brush your teeth two minutes, two times a day.

**The Plagster and Flossy
can use a little help!
Can you find all the
hidden words?
They can be up, down,
diagonal, backward
and forward!**

G	Z	R	V	U	B	N	C	L	D	W	L	W	E	R
G	Y	O	S	X	B	F	E	R	M	O	E	Z	D	O
M	O	U	T	H	Q	G	A	E	O	S	Y	K	R	S
T	A	V	T	R	B	U	Y	L	V	W	J	G	E	N
D	O	S	S	Q	G	M	P	I	F	T	N	I	T	P
J	D	O	Q	H	R	S	F	M	E	F	G	N	S	L
T	O	O	T	H	B	R	U	S	H	H	V	G	N	A
K	I	U	T	H	N	H	P	L	Y	O	Y	I	O	Q
G	O	E	R	L	P	T	T	G	C	T	V	V	M	U
M	E	O	V	A	O	A	I	N	I	A	R	I	A	E
T	O	X	H	N	L	E	S	V	A	M	N	T	F	R
T	G	W	G	K	N	O	A	T	K	L	G	I	J	Q
Q	B	U	R	I	U	C	M	H	E	E	A	S	N	H
B	E	S	S	O	L	F	T	S	I	T	N	E	D	E
E	N	T	S	E	N	A	M	E	L	W	A	J	S	X



**CAVITY
DENTIST
ENAMEL
FLOSS
SEALANT
GUMS
CANINE**

**MOLAR
PLAQUE
MOUTHGUARD
TOOTHBRUSH
TOOTHPASTE
MONSTER
SMILE
TONGUE**

**TEETH
GINGIVITIS
MOUTH
CROWN
HYGIENIST
ROOT
JAW**



What to choose?

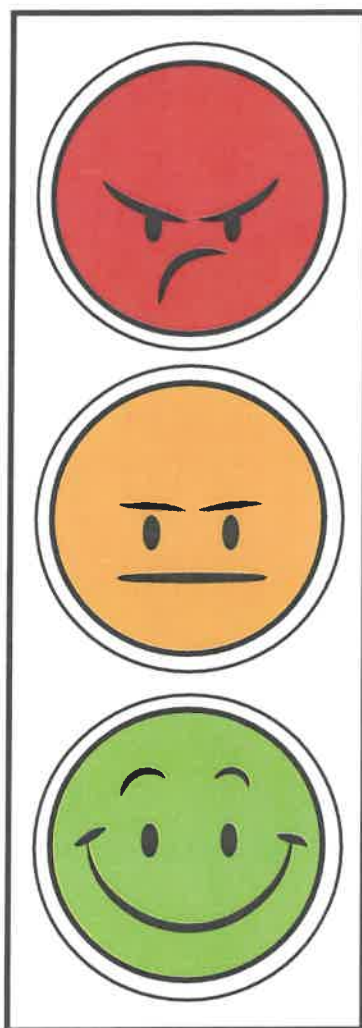
Buck is very thirsty after his soccer game. Can you help him select the best choices to satisfy his thirst?

HINT:

Drinks loaded with added sugar are not healthy choices and should be avoided! Draw a line connecting those drinks to the **RED LIGHT**.

Drinks with some added sugars and sweeteners should only be chosen occasionally. Draw a line connecting those drinks to the **YELLOW LIGHT**.

The healthiest beverages have no added sugar or artificial sweeteners. Draw a line from the healthiest drinks to the **GREEN LIGHT**.



Tap Water



Low-calorie sports drink



Unsweetened soy 'milk'



Milk



Regular soda



Fruit punch



Sweetened coffee drink



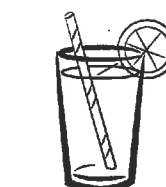
Sports drink



Energy drink



Fruit smoothie



Lemonade



Flavored milk

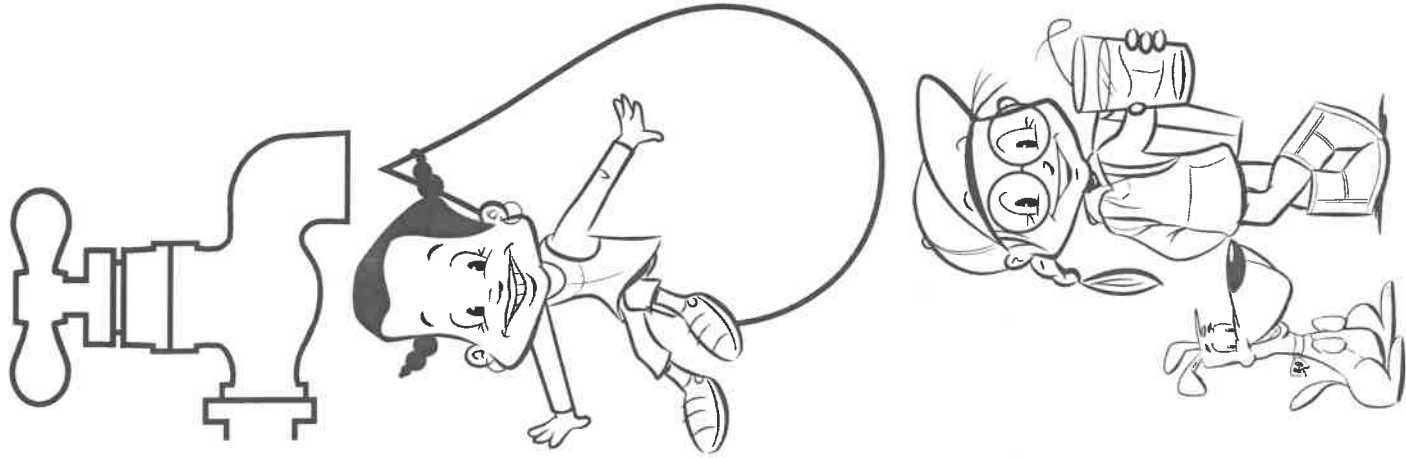
BONUS! Can you guess how many teaspoons of added sugar are in a 12 oz. serving of each of these drinks?

TAP WATER _____
MILK _____
UNSWEETENED SOY 'MILK' _____
LOW-CALORIE SPORTS DRINK _____

FLAVORED MILK _____
FRUIT SMOOTHIE _____
REGULAR SODA _____
ENERGY DRINK _____
SPORTS DRINK _____

SWEETENED COFFEE DRINK _____
SWEETENED ICE TEA _____
FRUIT PUNCH _____
LEMONADE _____

ANSWERS: Tap Water, 0; Unsweetened Milk, 0; Unsweetened soy 'milk', 0; Low-calorie sports drink, 1.5; Flavored low fat or skim milk, 4; Fruit smoothie, 1; Regular soda, 10; Energy drink, 12; Sports drink, 7; Sweetened coffee drink, 14; Sweetened ice tea, 8; Fruit punch, 11; Lemonade, 10



Make it a habit!

Brushing your teeth 2 minutes 2 times a day keeps your mouth healthy and smile bright.

And when you're thirsty, choose tap water. Make it a habit for a great smile!

Fill in the calendar dates in the corner then check off each of the 2 boxes every time you brush.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
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Finders Keepers

Color the things that help you keep your mouth healthy.

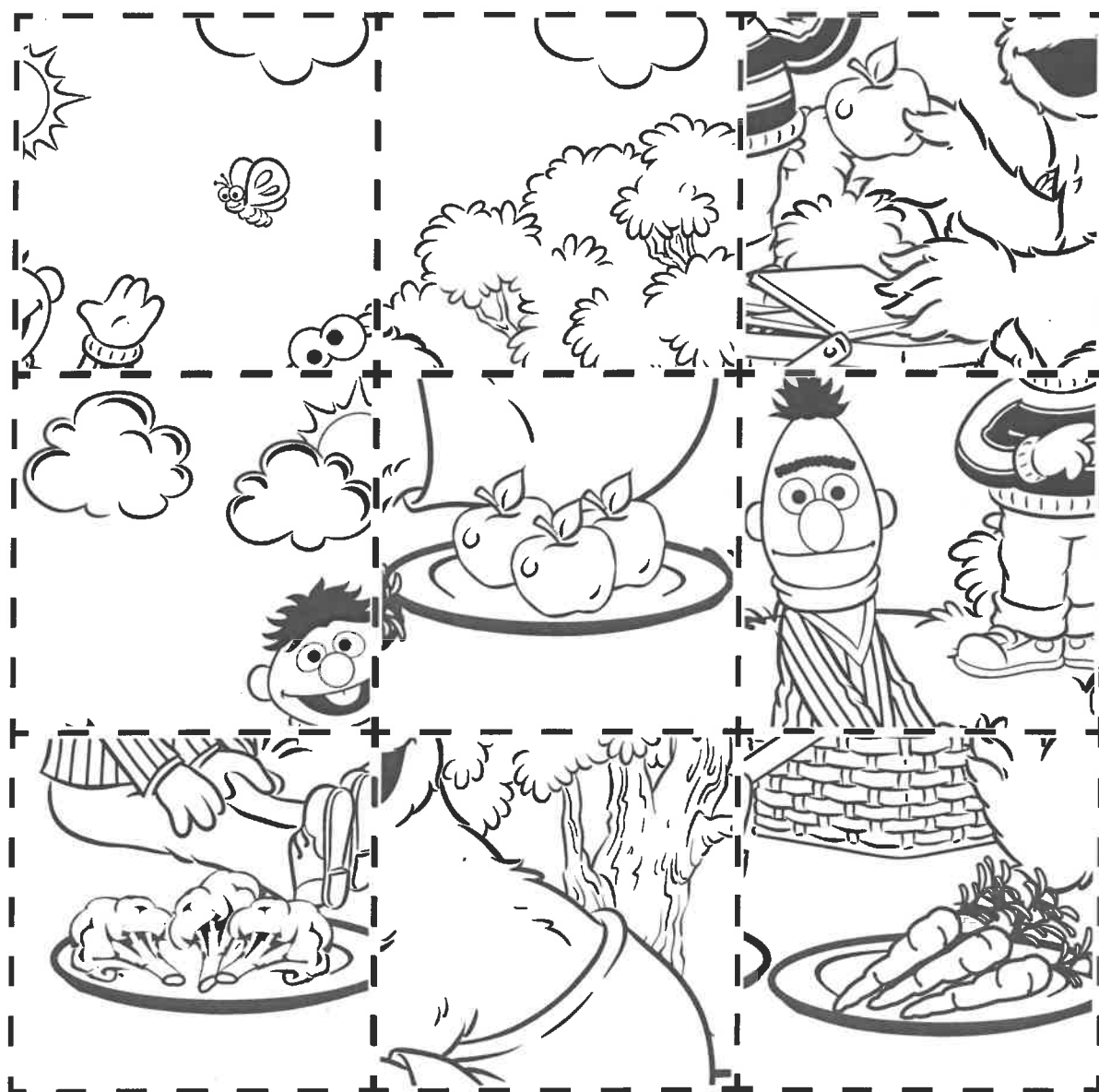


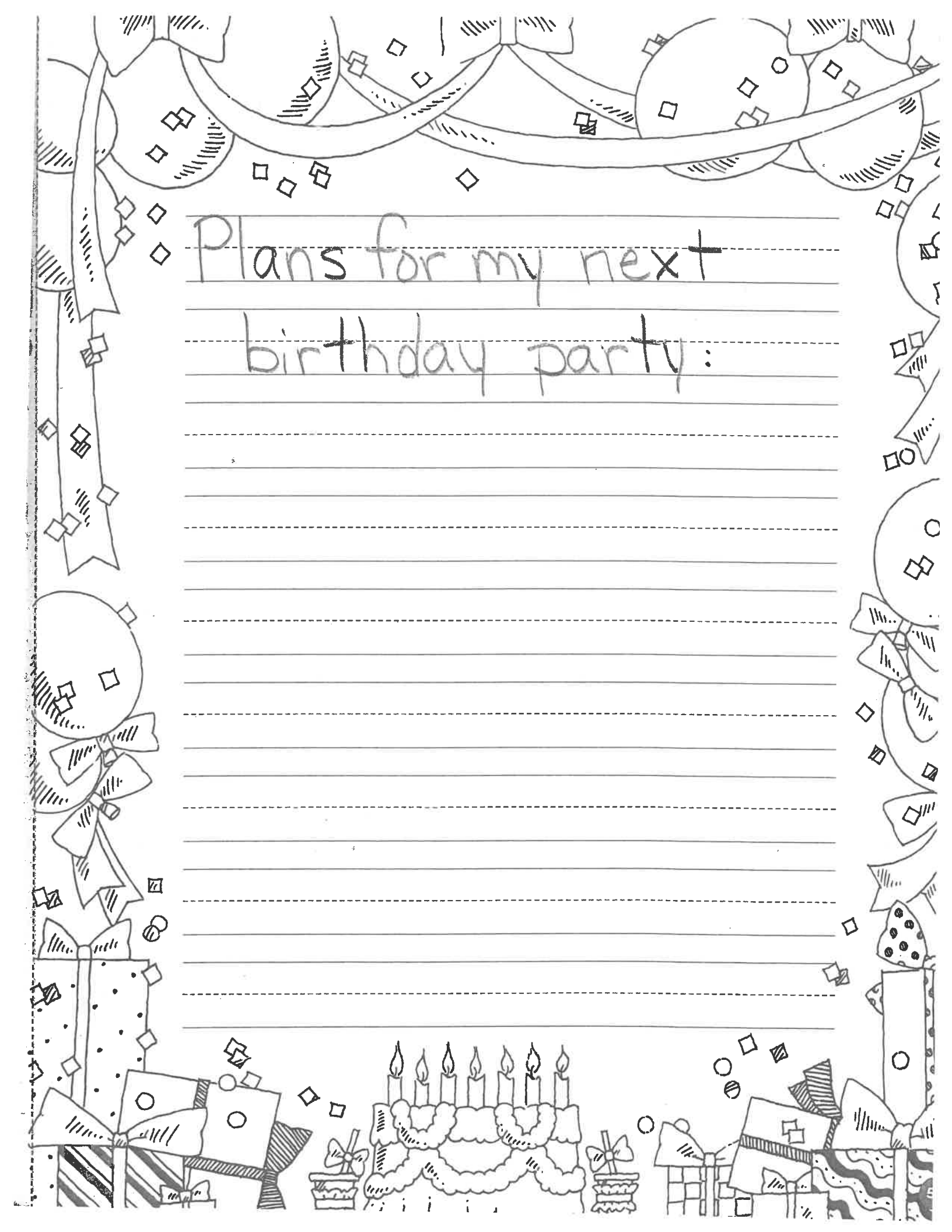
Healthy Picnic

Fruits, vegetables, and other healthy foods keep your teeth and body strong. What healthy foods did the friends bring to their picnic?

Cut out the cards and put the puzzle together. What foods do you see? What is your favorite healthy food?

Visit us at www.sesamestreet.org/teeth

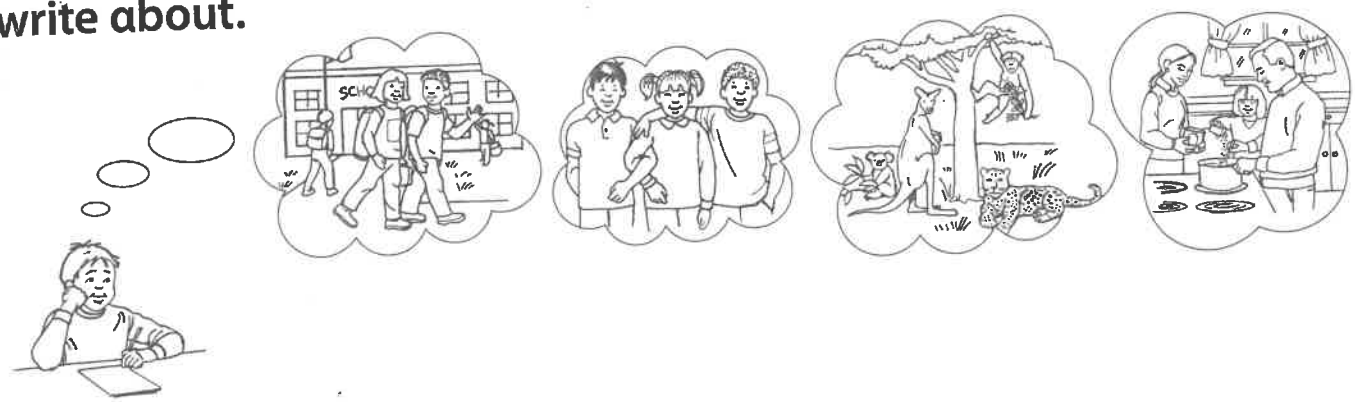




Plans for my next
birthday party:

What I Like to Write

Directions: Put a ✓ next to all the topics that you like to write about.



I like to write about...

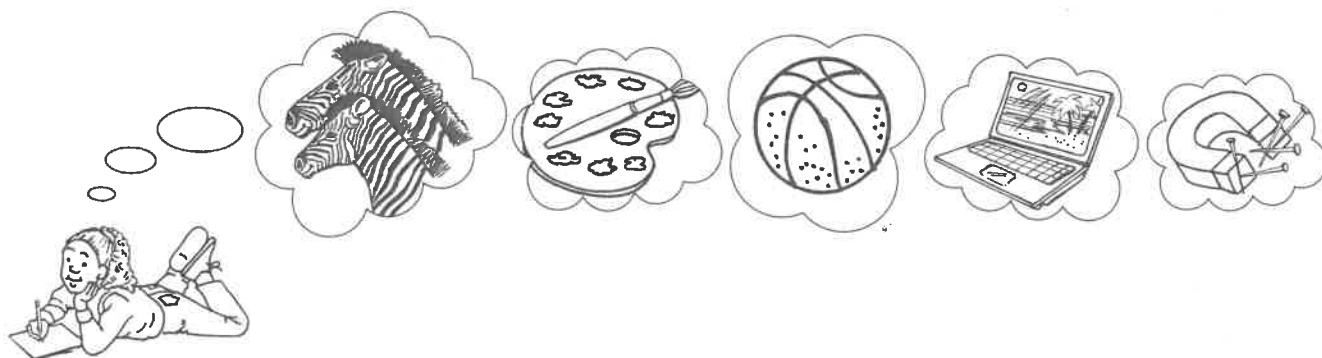
- | | | |
|---|---|-------------------------------------|
| <input type="checkbox"/> My family | <input type="checkbox"/> Games / Sports | <input type="checkbox"/> My friends |
| <input type="checkbox"/> My school | <input type="checkbox"/> Holidays | <input type="checkbox"/> My dreams |
| <input type="checkbox"/> My own stories | <input type="checkbox"/> Plants / Animals | <input type="checkbox"/> My hobbies |

What else do you like to write about? Draw a picture of it here.

Name _____ Date _____

What I Like to Read

Directions: Put a ✓ next to all the topics that you like to read about.



I like to read about...

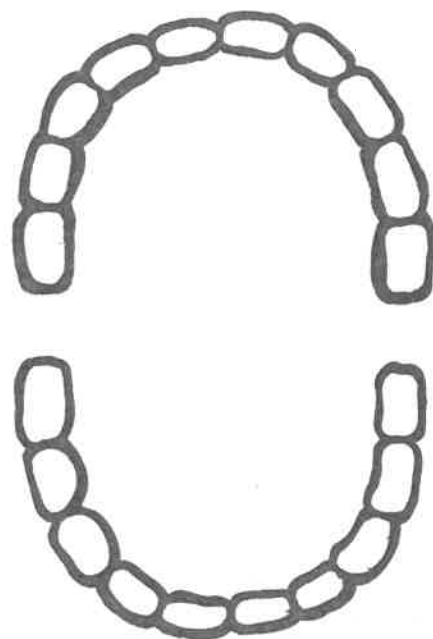
- | | | |
|--|---|------------------------------------|
| <input type="checkbox"/> Animals | <input type="checkbox"/> Art | <input type="checkbox"/> Computers |
| <input type="checkbox"/> Games | <input type="checkbox"/> Math / Science | <input type="checkbox"/> Movies |
| <input type="checkbox"/> Music / Singers | <input type="checkbox"/> Sports | <input type="checkbox"/> Dancing |

What else do you like to read about? Draw a picture of it here.

MY TEETH



1



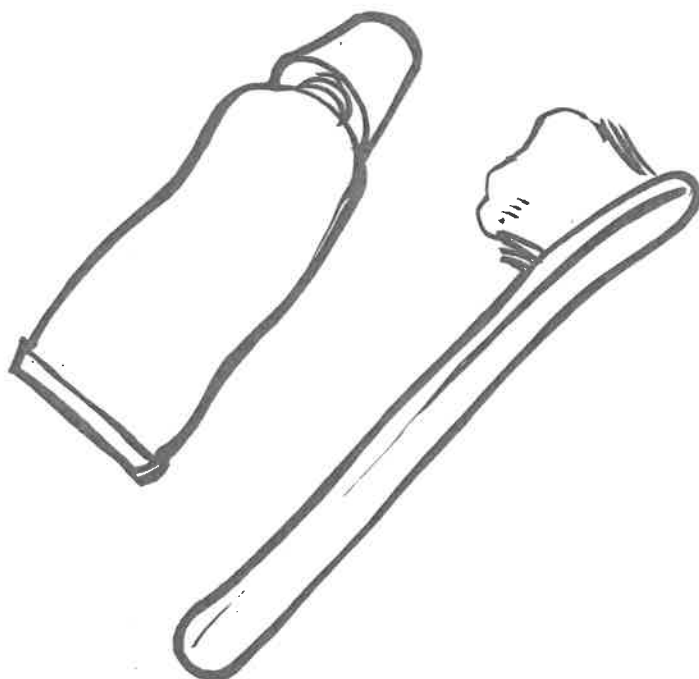
I have twenty primary teeth.

2



I care for my teeth.

3



I brush my teeth after eating.

4



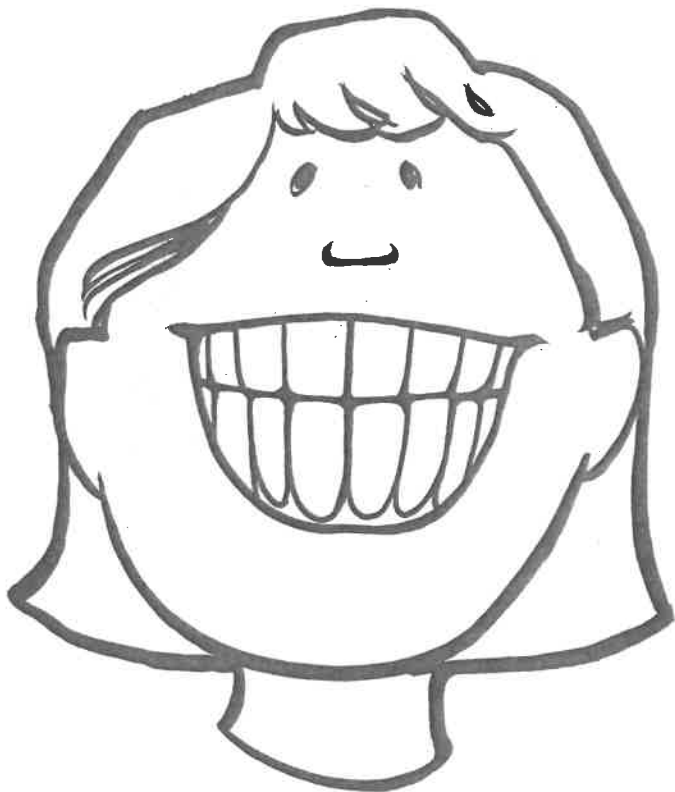
I visit the dentist.

5



I eat the right kinds of food.

6



I want to have a healthy smile.

7

Directions:

1. Listen to the story.
2. Color the pictures.
3. Cut out the pages.
4. Put the pages in order.
5. Staple the pages.
6. Read the story.
7. Make a cover.

8

What's Alive?

by _____



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Is a dish alive?

yes

no

All living things need
water, food, and air.

1

Is a fish alive?

yes

no

5

Is a bear alive?

yes

no

2

© Linda Ball, Laurel Brucker, Good Year Books.

A _____ is alive.

A _____ is not alive.

Are you alive? _____

6

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© Linda Ball, Laurel Brucker, Good Year Books.

Is a chair alive?

yes

no

3



I read my book to

1. _____

2. _____

3. _____

7

Bear Cubs

by Hector Montoya

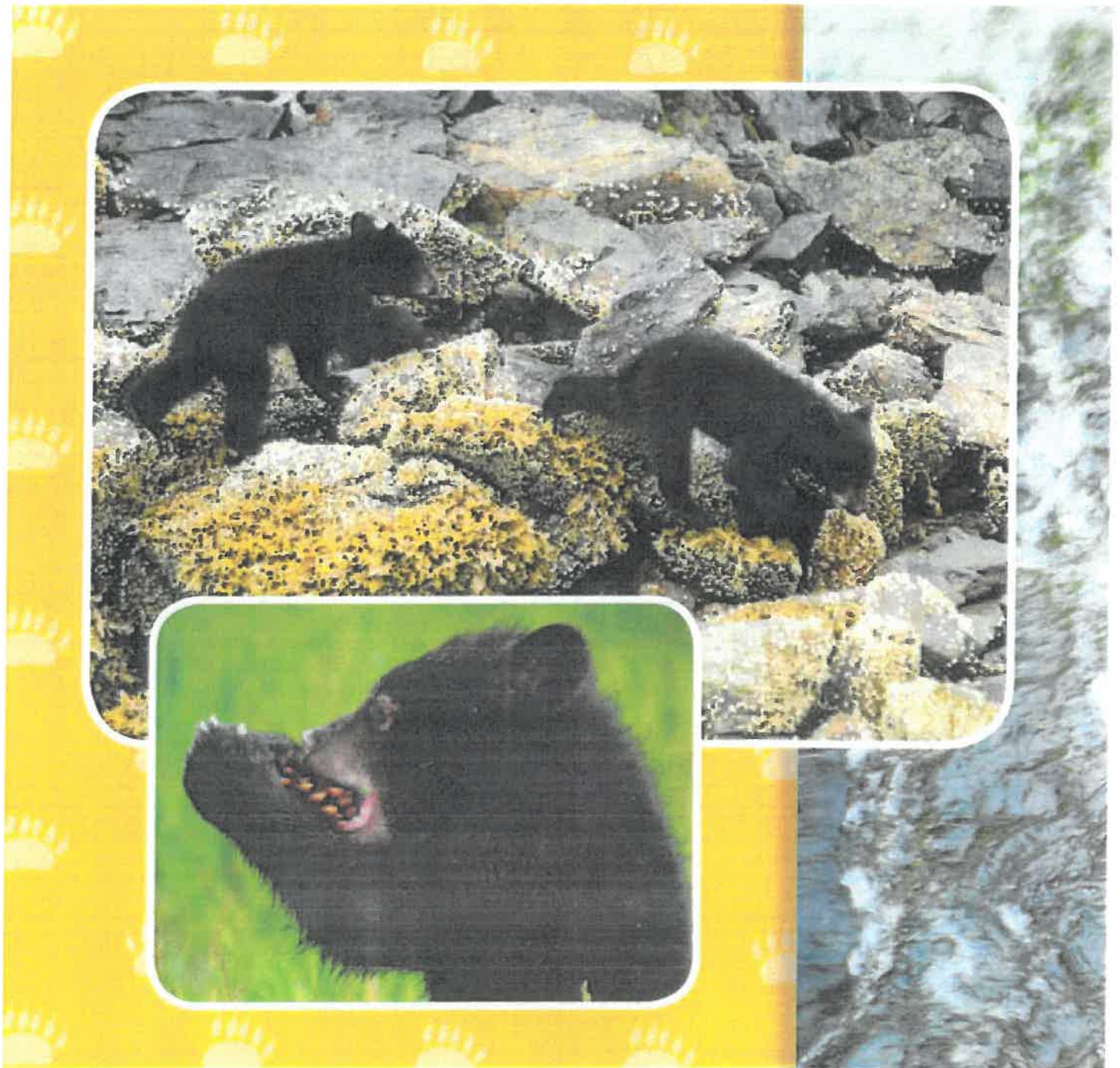


cave

It is spring. Little bear cubs wake up. They had a long nap in the cave.



This is the mother bear. She sits in the shade. She keeps the little cubs safe.



The cubs play a game of chase.
Then the bears eat.



They wade in the lake to look for fish.
The mother bear will carry the fish. Then
they will all eat it. They will be fat cubs.



When winter comes, the cubs help the mother find a new cave. They find a big cave because they are big cubs.



The cubs will take a long nap next to the mother bear. They will be safe and snug together.



The cubs go to sleep. They don't wake up until spring. ❖